

# **2 0 1 6 SEMINOLE NATION DAYS**

## **5K AND 1 MILE FUN RUN/WALK**

**Open to everyone!**

**5K Pre-Registration \$25  
1 mile Pre-Registration \$20**

**Pre - Registration ends  
Thursday Sept. 15th at 5pm**

**Day of 5K Day Registration \$30  
1 Mile Day of Registration \$25**

**Come cheer on the runners/  
walkers for a chance to  
win a prize!**

**EVERYONE 55 AND  
OVER RUN//WALK  
FREE!**

## **Conquer Mekusukey Mission Hill !**

**DATE: SATURDAY, SEPTEMBER 17, 2016**

**TIME: 5K STARTS AT 7AM, 1 MILE STARTS AT 7:05AM**

**WHERE: MEKUSUKEY MISSION, IN FRONT OF THE  
NORTH COMMUNITY BLDG.**

**May register at SEMINOLE NATION CVFEKNE WELLNESS CENTER (2 miles S. & 2 miles W. of Seminole)**

**or by mail to: SN Diabetes Program, Att: 5K Registration, PO Box 1498, Wewoka OK 74884**

**For more information email: [pike.s@sno-nsn.gov](mailto:pike.s@sno-nsn.gov) or call Sabrina at 405-234-5274**

**PAYMENT MUST BE MADE BY MONEY ORDER OR CASH- NO CHECKS**

**AWARDS WILL BE GIVEN TO TOP THREE  
STANDARD AGE GROUPS FOR 5K PARTICIPANTS**